

Everything you need to know about Zika Virus For Pediatricians



On January 15, 2016, the Centers for Disease Control and Prevention (CDC) issued a travel alert for people traveling to regions where Zika virus transmission is ongoing. Pregnant women in any trimester should consider postponing travel to the areas where Zika virus transmission is ongoing. **There are currently no locally transmitted cases in Louisiana.**

Currently, the City of New Orleans Mosquito and Termite Control Board (NOMTCB) and the New Orleans Health Department are coordinating with key partners to provide information about the Zika virus to the public. NOMTCB is monitoring the mosquito population using a combination of chemical control and habitat reduction methods to limit the mosquito population in New Orleans.

What is Zika?



Zika virus is spread to people through mosquito bites. Only 1 in 5 of people will develop symptoms. Symptoms usually begin 3-7 days after being bitten by an infected mosquito. The illness can cause mild symptoms lasting up to a week.

Common Symptoms: Fever, rash, joint pain, muscle pain, headache, vomiting and red eyes.

There have been serious reports of a serious birth defect of the brain called microcephaly and other poor pregnancy outcomes of mothers who were infected with Zika virus while pregnant.

Children and infants

Acute Zika virus disease should be suspected in an infant or child under 18 years who:

- 1) Traveled to or resided in an area with ongoing transmission of Zika virus within the past 2 weeks
- 2) Displays more than two symptoms

Zika virus testing is recommended within 48 hours of birth for infants with microcephaly or intracranial calcifications and whose mothers have a history of travel to or who reside in areas with ongoing transmission of Zika virus.

Microcephaly is a birth defect where a baby's head is smaller than expected when compared to babies of the same sex and age. Babies with microcephaly often have smaller brains that might not have developed properly.

Treatment involves supportive care; aspirin and other NSAIDs should be avoided until dengue can be ruled out to reduce risk of hemorrhage.

Report any suspected cases to DHH for testing.

Report Suspected Cases

Report to Louisiana Department of Health and Hospitals Infectious Disease Epidemiology at:
Main Line: 504-568-8313
After Hours: 800-256-2748

Tips for patients



Dress Wear long-sleeve shirts and long pants. For extra protection, treat clothing with the insect repellent, permethrin.



Drainage Remove standing water around the home in places such as plant containers, old tires and buckets.



Dawn and Dusk Mosquitoes that can carry Zika are day biters and most active during dusk and dawn.



DEET Use EPA-registered insect repellents, containing the active ingredient DEET. When used as directed, EPA-registered insect repellents are proven safe and effective.

- Reapply insect repellent as directed.
- Apply insect repellent before sunscreen.
- Do not apply repellent directly to a child's face. Spray it into your hand first, then apply.

Travel information



Pregnant women should consider postponing travel to any area where Zika virus transmission is ongoing.

If a patient must travel to one of these areas, they should strictly follow steps to prevent mosquito bites. It is safe for pregnant women to use insect repellent.

